

Introduction to Karmayoga

Preface

The word 'Karmayoga' (Path of Action) conjures images of those giving alms to beggars, setting up educational institutions, and those engaged in social service. However, in most cases, since the activities are at an emotional level or for the sake of publicity, it does not constitute Karmayoga in the real sense of the word. Then, what exactly is Karmayoga ? Performing a *karma* (An act, action which gives rise to Destiny) which will result in spiritual growth and, ultimately, God-realisation, denotes Karmayoga. Even if the *karma* were to be worldly, performing it in a way such that no new *sanskār* (Subconscious impression) is created on the *chitta* (Subconscious mind) and thereby getting freed from the bondage of *sanskārs* forever is the objective of Karmayoga. Performing *karma* as expected by *Dharma* (Righteousness) and the scriptures, by sacrificing the attachment and the expectations of the fruit, is a supreme definition of Karmayoga. If a *Bhaktiyogī* (Follower of Bhaktiyoga [Path of Devotion]), *Dhyānyogī* (Follower of Dhyānyoga [Path of Meditation]) etc. complement their *sāadhanā* (Spiritual practice) with Karmayoga, then it will certainly help improve their *sāadhanā*.

Since the subject of 'Karmayoga' is vast, we are presenting its various facets in Sanatan's Text series titled 'Karmayoga'. This Holy text provides basic information on Karmayoga and the essence of *sāadhanā* according to this Path. The history of Karmayoga, Arjun's doubts about Karmayoga and Shrikrushṇa's clarification of Arjun's doubts; importance of performing *karma*; importance of Karmayoga in *vyashṭi* (Individual spiritual practice that benefits only the seeker undertaking it) and *samashṭi sāadhanā* (Spiritual practice for the spread of Spirituality); salient features of Karmayoga; secrets of Karmayoga, meaning, sacrificing doership and means of accomplishing it according to Karmayoga, Jñānyoga and Bhaktiyoga; how and why to perform *swadharma karma* (*Karma* as per *Dharma*) and *kartavya-karma* (Duty-bound acts) are discussed in this Text. We were able to simplify such a difficult subject as Karmayoga solely with the support of the great Ascetic, Gurudev (Dr) Kateswamiji, who explained the gist of several *shlokās* from Shrimadbhagwadgētā. No matter how much gratitude we express at Gurudev's Holy feet, it will still be inadequate.

Our earnest prayer at the Holy feet of Shri Guru is - 'May the desire for spiritual progress be created in the minds of seekers through the daily practice of Karmayoga !' - **Compilers**

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